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Hypnosis Coverage and Coding

The cost of hypnotherapy varies depending on the provider, location, and the condition treated. As long as a licensed professional certified in clinical hypnotherapy administers the treatments, most insurance companies will cover 50 to 80 percent of the cost of individual therapy. Keep in mind that this is only for certain conditions and coverage depends on the patient’s health plan. Medicare also covers hypnotherapy in many cases when it is reasonable and necessary for the treatment of a medical or psychological condition. Make sure to verify with the patient’s insurance company the indications covered under the payer’s policy.
**Use**[**CPT**](https://www.aapc.com/resources/medical-coding/cpt.aspx)**90880 *Hypnotherapy*** to report this service.

CPT offers a code for “hypnotherapy,” 90880. **The AMA's Department of Coding and Nomenclature defined hypnotherapy in its CPT Assistant newsletter (Summer 1992:16) as “a treatment that makes use of an artificially induced alteration of consciousness characterized by increased suggestibility and receptivity to direction.”** It may be used for diagnostic or therapeutic purposes. There are two codes for acupuncture: 97780 is for acupuncture using one or more needles, without electrical stimulation; 97781 is for acupuncture using one or more needles, with electrical stimulation.

Can your client bill their insurance for hypnotherapy?

As long as a licensed\* professional certified in clinical hypnotherapy administers the treatments, most insurance companies will cover 50 to 80 percent of the cost of individual therapy. ... Use CPT 90880 Hypnotherapy to report this service. Make sure to submit the claim with a covered diagnosis for proper reimbursement.

\*Some States require licensing. CA does not. Your certification credentials are all you need.